

1/12 squeaks by VP-4



Lance Cpl. Edward C. deBree

The right fielder for 1st Battalion, 12 Marines, hits a ball to left field during their first game of the year Feb. 1 at Riseley Field against Patrol Squadron 4. 1/12 defeated VP-4 8-7 in their first game of the Intramural Baseball League season.

Lance Cpl. Roger L. Nelson
Combat Correspondent

1st Battalion, 12th Marine Regiment Marines squeaked by Patrol Squadron 4 Sailors, 8-7, in an intramural baseball game Feb. 1 at Riseley Field bringing their record to 1-0.

Teammates from VP-4 held their own, keeping the score tied for most of the game, but the 1/12 team's hitting proved to be too much in the 7th and final inning for the Skinny Dragons to handle.

In the last inning of the game, 1/12 started off with back-to-back walks, getting runners in position for the win. Victory was close enough to taste with runners in scoring position.

"This game is over. No way we're going into extra innings," said 1/12 left fielder Dean Delacruz after 1/12's second walk of the 7th inning. "It was tough, but we got it together and now look at our position. Looks like the better team will win."

A Peterson single pushed Craig Meyer home, ending a tie between the teams in the bottom of the 7th inning and sealing the win for the 1/12 players who were nipping VP-4's heels since the first inning. In the fifth inning of the

game VP-4 seemed to have the game in the bag with a 3-point lead, but the team's players didn't realize they were about to be disappointed when it was 1/12's next turn at bat.

"I have a good feeling about the game tonight," said Matthew West, VP-4's assistant coach in the fifth inning. "Everyone is doing their part out there, and we're playing good offense and defense. If we continue to play like we've been playing this far, then we should be able to win."

West said he had no clue that the players from 1/12 were going to gain their second wind and come back to tie the game in the sixth inning 6-6.

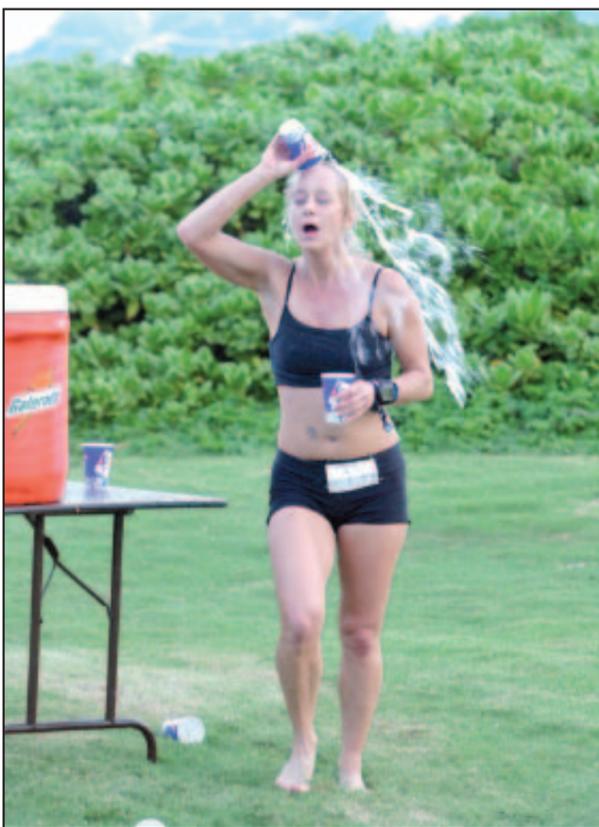
"Now it's time for us to make our move," said 1/12 Coach Carlos Moreira at the close of the fifth inning. "As long as we keep the bats moving and keep up the intensity, then we should be good. We should've been playing like this the whole game."

In the top of the 6th inning they struck out the first two batters and caught the third VP-4 batter out at first on a grounder to second base.

The VP-4 team had come to the game with hopes that their "underdog"

See **BASEBALL, C-4**

1/12 stays undefeated, mauls IPAC by 14 points



Lance Cpl. Ryan Trevino

Paula Reger cools herself down after running the mile-long stretch of sand during the 5th Annual 5K Surf & Turf race held here Saturday.

K-Bay hosts record-setting Surf & Turf

Lance Cpl. Ryan Trevino
Sports Editor

Overall race and Men's category winner Jason Kut with a time of 18:51, and Overall Women's category winner Sherry Laniosz, 19:36, took top honors in the 5th Annual 5K Surf & Turf competition held here Saturday.

Kut and Laniosz led the 157 participants — a record number for this event — through two miles of Kaneohe Klipper golf course real estate and down a one-mile stretch of North Shore

sand before finishing in front of the Bachelor Officer's Quarters.

In its fifth year, the race has become more popular than ever, according to Stacy Barkdull, Varsity Sports Coordinator, Marine Corps Community Services.

"We had a hundred more people sign up for the event than last year," said Barkdull. "This is because we distributed more information about the event this year to every base on the island and to all the running

See **SURF, C-4**



Lance Cpl. Ryan Trevino

1st Battalion, 12th Marines power forward Arnell Rivers shoots a free throw in the second half of an intramural basketball game Feb. 1. Rivers finished the game with 16 points to boost his team over IPAC, 42-28.

Lance Cpl. Ryan Trevino
Sports Editor

1st Battalion, 12th Marine Regiment players improved their Intramural Basketball League season record to 2-0, Feb. 1, after blowing out Installation Personnel Administration Center (Headquarters Battalion) Warriors, 42-28 at the Semper Fit Center.

1/12 was coming off an easy win earlier in the season against 2nd Battalion, 3rd Marine Regiment by way of forfeit. IPAC remains winless at 0-2 for the season, after losing their first game by a last-second 3-pointer at the buzzer, Jan. 31, in a close battle against Anti Submarine Squadron Light 37 "B."

1/12 controlled the pace of the game from the opening tipoff to the closing buzzer, with power forward Arnell Rivers in the captain's chair and shooting guard Jared Archer as his chameleon. Rivers was the game's high-scorer with

16 points — 10 in the first half alone. He also snagged eight boards before calling it a night.

With 1/12 in a commanding lead over IPAC, 23-11, at the end of the first half, Rivers said he knew what his team had to do during the second half for his squad to stay on top.

"We just need to keep focusing," said Rivers. "We know how to play defense and run the offense. That's what we need to keep doing to win the game."

Disorganization crippled IPAC's ability to win the game, according to Coach

Chakeata Smith.

"We are a little unorganized right now," said Smith. "Most people are coming from work late to the practices, so they don't know the playbook. We'll just have to play it by ear."

Archer was the game's second-highest scorer with 8 points. He said he was very satisfied with the overall quality of the team this year and expects they will do well throughout the season.

"There is a lot of camaraderie on this team, and it shows on the court," said Archer. He added, "We have good leaders like Rivers on the team to look up to."

According to 1/12 Coach Isaiah Sherman, the key to winning is remembering the fundamentals on defense.

"We try to stick to the basic philosophy, which is — keep your man between the ball and the rim," he said.

See **1/12, C-2**

Sports Briefs

Interservice 4-on-4 Flag Football Tournament and Skills Challenge

The Schoelfield Titans defeated the Hickam Youngsters, 48-42, in the championship game to take first-place in the 4-on-4 Flag Football Tournament and Skills Challenge held at Pop Warner Field here, Feb. 4.

Schoelfield finished the tournament sporting a 3-1 record. Hickam took home second-place with a 6-2 record and third-place went to K-Bay Bandits who were 3-2.

Sunday

SM&SP Pro Bowl Tailgate Party – The Single Marine & Sailor Program will host a Pro Bowl Tailgate Party Feb. 12 at Aloha Stadium.

Participants will meet at Kahuna's Sports Bar & Grill at 9 a.m. then given transportation to the stadium. The \$40 registration fee includes transportation, food and drinks, and an end-zone ticket. The party is open to all E-1s though E-5s as well as their guests, but is limited to 50 seats. Call the SM&SP Office at 254-7593.

Wednesday

Youth Activities Sprint Sports registration ends — Now is the time to sign up children for Youth Activities spring sports leagues. This season swings off with baseball, spikes down with volleyball, gears up with in-line hockey and gets down with wrestling. The registration ends Feb. 15. The leagues, presented by Windward Community Federal Credit Union, are open to dependents of active duty, Reservists, National Guard and DoD civilians. To participate, children must obtain a Children Youth & Teen Programs membership. Call 254-7611 for details.

Feb. 17

SM&SP Dodge Ball Tournament – SM&SP will host a Dodge Ball Tournament Feb. 17 at the Camp Smith Semper Fit Center from 11 a.m. to 1 p.m. The tournament costs \$10 per team and is open to all eligible SM&SP patrons and invited Staff noncommissioned officers.

The SM&SP is a highly energized program with a singular mission: to address and enhance the quality of life for Single Marines and Sailors in a measurable manner. This is accomplished through six core components: quality of life, recreation, health and wellness, community involvement, life skills and career progression.

The SM&SP is open to all unaccompanied E-1s through E-5s. Their office is located in Building 1629, and can be reached by calling 254-7593.

March 25

CSSG-3 Swamp Romp — The 12th Annual Combat Service Support Group-3 Swamp Romp is right around the corner.

Referred to as Hawaii's dirtiest footrace, the Swamp Romp returns to Kaneohe Bay March 25. The race begins at the Boondocker Building, neighboring the Marine Corps Exchange Annex parking lot. Six-person teams will negotiate an obstacle-laden course that includes mud, crawling, jumping, swinging, sounds of combat, and more mud.

For more information on the Swamp Romp, call the varsity sports coordinator at 254-7590.

Ongoing

Fishing Charters Available at MCB Hawaii

The Bill Collector fishing charter boat, especially built for fishing, is available for trips off the coast of Windward Oahu.

For more information, stop by the Base Marina located in Building 1698, across from Hangar 101, or call 254-7666/7667.

Paintball Hawaii

Nestled behind the Lemon Lot, is Paintball Hawaii.

Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open on weekends from 9 a.m. to 5 p.m.

Call 265-4283, for Friday appointments.

Personal Trainers Available at Semper Fit

For those looking to get into a tailored exercise regiment, or for those just looking for some good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation.

You can schedule an appointment with a trainer who will take body-fat measurements, blood-pressure and heart-rate readings.

They will tailor a program, based on your physical needs and ambitions for \$5 per workout.

Community

8th Annual Fort DeRussy Biathlon

Fort DeRussy Beach will be the site of a biathlon and children's race, March 4.

The 8th Annual Fort DeRussy Biathlon and Keiki Run-Swim-Run will begin with the adults at 7 a.m. followed by the children at 8:20 a.m. in front of Hale Koa Hotel.

Adults can choose a long course, which consists of a 5-kilometer run and a 1-kilometer swim, or a short course, which is a 2.5-kilometer run and a 500-meter swim. Distances for the children's race vary by age.

Costs to register are: \$18 for individuals, \$16 for students and \$15 for military.

Affordable parking is available in the Hale Koa Hotel parking garage for military and general public.

Athletes who want to participate can register online at www.active.com.

Run to the Sun Heads up Haleakala

Run to the Sun is a 36-mile ultra marathon starting at sea level and climbing to the 10,023-foot summit of Haleakala, legendary "Home of the Sun," and will take place March 25. This challenging course is not for the novice marathoner. Entrants must be 18 or older and rigorously prepared to meet the challenge of the strict 10-hour time limit.

Detailed course and event information will be sent to each entrant upon receipt of application form and fee. Relay teams of three persons may also enter Run to the Sun. There will be no race-day registration.

Entry fee is \$95 for individuals and \$150 for relay teams, if registered by March 17.

Runners can enter by mailing in a form available at www.virr.com/run_2_sun.html or by registering online at www.active.com.

Hawaii Marine Accepts Briefs

To post sports and recreational briefs in the Hawaii Marine, e-mail requests to editor@hawaiimarine.com or call 257-8837.



Lance Cpl. Ryan Trevino

Guard Edward Smith, Inbound Personnel Administration Center, goes up strong for 2 points. Smith led his team with 7 points, 6 assists and 4 rebounds during an intramural basketball game Feb. 1.

1/12, from C-1

Sherman was methodical when it came to having a solid game plan for not only defense but offense as well.

"We're going to use the run and gun offense," said Sherman. "We're looking to play plenty of transition offense."

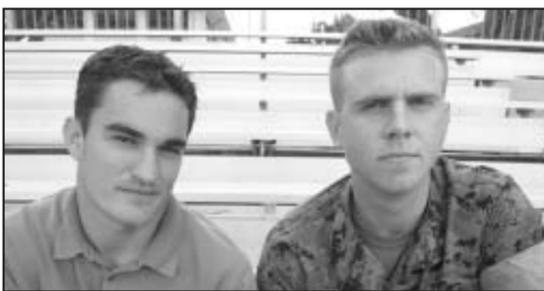
IPAC guard Edward Smith was his team's high scorer with 7 points, followed by Phillip Guzman with 6. Smith also had 6 assists and 4 boards.

Joseph Lewis, 1/12 center, contributed 6 points for his team, all of which were scored in the second half.



Lance Cpl. Ryan Trevino

1st Battalion, 12 Marine Regiment guard Jared Archer lays it up over Edward Smith on a fast break. Archer was the game's second-highest scorer with 8 points during an intramural basketball game Feb. 1.



THE BOTTOM LINE

(Editor's Note: "The Bottom Line" is a weekly sports commentary written by two sports aficionados who sometimes don't see eye-to-eye. The Texan welcomes the newest writer, Tony Blazejack, The Vice, who hails from Miami. Send your "Reader's Strike Back" comments to editor@hawaiimarine.com and your suggestions will be considered. We look forward to hearing from you, whether you agree with one of us, both of us, or neither one of us.

Who will heat up after the All-Star Break?

The Texan

The Western Conference houses some of the biggest names in basketball — Kobe Bryant, Tim Duncan, Kevin Garnett and Tracy McGrady just to fire off a few. But these aren't the guys I want to talk about when it comes to picking the players to watch in the second half of the season. I want to recognize the little men, well not little in a literal sense, but the players who don't have crowds chanting their name everywhere they go. With the exception of Yao Ming, these are the biggest little men in the National Basketball Association. Keep your eyes on these players who have the skills to step up when it's their time to shine.

Dallas Mavericks small forward Josh Howard is so hot right now the editor of "Maxim" called him up to ask him if he wanted to be on the cover of their magazine. Man, this kid, in only his second season in the NBA, is putting up some impressive numbers that just keep getting better each game he steps on the court. At the time of this writing, this rising star has led his team in scoring four games straight and nine times overall this season — and this is a team with Dirk Nowitzki on the roster. That's impressive. His play also brings up the level of those around him, because the Mavs are 13-0 when he scores 20 or more. This dude just started heating up, going into the All-Star break, and I don't see him slowing down in the second half of the season.

One of Howard's old teammates at Wake Forest is also tearin' it up on the court this season. Chris Paul, Hornets point guard, in his rookie season is blowing out the competition in the Western Conference — with the exception of Steve Nash, of course. He's been named the Rookie of the Month three times so far this season, and we haven't even hit the All-Star game yet. He leads all rookies in points, assists and steals and is deserving of an All-Star appearance his rookie year, in my opinion. Watch out for this superstar-in-the-making in the months

to come.

Yao Ming, who recently came off the injured list after having surgery on his big toe, hasn't done much lately. However, this jolly giant always has the potential to make the competition look like they are new to the game. Yao has played in only 29 games so far this season and has some major ground to make up in the second half, right after he embarrasses Shaq in Houston Feb. 19.

Also coming off an injury is Sacramento Kings' center Brad Miller. Miller has always been solid throughout his seven years in the NBA, but never spectacular. He's not exactly a flashy player that lives for the spotlight, but he can still bang with the best of them in the paint. He's one of the top-ranked centers, according to CBS Sportsline, averaging 15 points and 8 rebounds per game. Expect big things from Miller for the rest of the season and throughout his career.

Last on the list, and probably one of my favorite players in recent years, is shooting guard Ricky Davis. Davis recently made his way into a Timberwolves jersey after being traded by Boston. Davis is a phenomenal ball handler and can dish it off before his defender knows he even has the ball. Even though he has been in a slump over the last five games, he bounced back nicely against the Warriors with a 20-point, 5 rebound game. Davis may not be as well-known as a lot of the big name shooting guards in the league, but he definitely can play ball with the best of them.

Bottom line: The Mavs need Howard to keep doing what he's doing in order to keep up with powerhouse San Antonio. Paul should be Nash's backup in Houston during the All-Star game. Rockets coach Jeff Van Gundy knows what Yao can do, his teammates know what he can do — he just needs to do it, and he will. Each season Miller gets under his belt, the better he gets when it comes to playing tough, solid basketball. Ricky Davis has one of the quickest releases in basketball and should be sharing some of Kobe's hype.

The Vice

With all this post-Super Bowl XL mayhem — the refs threw the game, the Stones were censored, etc. — I say that it's time to move on. Football will come around again in the fall, so can we all take a deep breath and just be happy that the Patriots didn't win another Super Bowl?

OK then.

Last week, the 2006 NBA All-Star starting roster was announced and the annual popularity contest is finally over with. It seems that Google and the Chinese government decided to leave NBA.com off of their list of censored Internet sites, because Yao Ming topped the scales with the most votes.

As All-Star games usually mark the mid-point of a season, this is a perfect time to reflect and make useless guesses in anticipation of the stretch to the playoffs. In this regard, I present you with who I believe to be the top five most valuable players from the Eastern Conference ... so far.

LeBron James — Come on. Could it be more obvious? The Kid, 21, became the youngest ever to record a triple-double and is averaging 30.9 points a game and is making a fine living for himself by shaming guards and forwards alike. Here's the kicker — he can pass, too, averaging an impressive 6.5 assists as a strong forward. Unless LeBron is wearing your team's jersey, he will destroy you.

Dwayne Wade — Explosive. This is really the only word I can use to describe Dwayne Wade. Yeah, I'm partial to red and black. I admit it, but if you've never seen him play in person, you simply cannot fathom his speed, power and skill, nor fully appreciate it.

The more you push him against the wall, the better he becomes. His three-point game is suspect, but give him even a remote glimmer of an inside lane and nobody can stop him — short of a Ben Wallace caveman-like foul under the rim.

Shaquille O'Neal — While we're on the subject of Miami, let's dispel any grumblings about the big man. Think he's getting too old? Think he's "past his prime?" You're probably right. However, that does not necessarily mean that he isn't (still) one of the best players in the NBA.

Shaq brings more than just a dominating low game to the table. He brings presence. Upon his arrival in South Florida, he immediately shed the

soap opera co-star persona and became an indisputable team leader in Miami.

He's taken a pay cut and a lesser role to be a part of a real team that poses the biggest threat to the Detroit Pistons in the East. When you have the kind of celebrity profile that Shaq has, that says a lot about character. Are you listening Mr. Bonds?

He still puts up good numbers, and the Heat possess a staggering center combination with Alonzo Mourning, who is a premier shot blocker and defender.

Richard Hamilton — Speaking of team leaders, Richard Hamilton has emerged as the pinnacle "go-to guy" of the past two seasons. Not only does he have ball control and a lethal shot, he schools almost everyone while wearing that plastic face guard. Try sticking that thing on Allen Iverson's face and see if he could shoot 50.1 percent.

When it goes down to the wire, he's the one you want with the ball. In the playoffs — he recorded more than 1,000 postseason points last year — he's the one you want leading the charge.

The scary part is that I could easily say all the same things about Chauncey Billups — except for the mask stuff, of course.

Jermaine O'Neal — Before injuring his shoulder almost a year ago, he was averaging 25 points a game and rapidly emerging as the savior of Indiana. Then, O'Neal flattened that Piston's fan during the Ron Artest rampage of 2004, earning a 15-game unpaid vacation from the NBA.

His offensive game has slowed, but his defense and rebounding skills are what keep him as a major threat in the NBA. Unlike Miami, the Pacers don't have to sub Shaq and Mourning to adapt accordingly. He is a remarkably well-balanced, power forward and is one guard short of absolutely dominating in the East.

Bottom line: With all apologies to the Vince Carter camp (not much of a team player), these guys are the ones who have what it takes to get it done, on and off the floor. Whether or not the weaker teams can make a real run in the playoffs will be determined largely on the above-mentioned individuals.

It's looking like another Detroit-Miami showdown, all-in-all, unless LeBron decides that he's had enough already.

Sports around the Corps Service Company serves up a win

Charlie Chavez

MCRD

MARINE CORPS RECRUIT DEPOT SAN DIEGO — The depot's Commanding General's Cup volleyball season continued with Service Company seizing first place in the gold division at the Field House Tuesday.

Opening the day, Service Company faced off against the equally ranked Coast Guard Maritime Safety and Security Team with a record of three wins and one loss.

The first match proved to be one-sided with Service Company players scoring aces on their serves and communicating well to set up team-

mates. Service Company won 25-12.

"It's all about knowing how to play like a team," said Lynden D. Gwartney, Service Company "It doesn't matter how much talent you have on your team, but that those players bring their entire team to a higher level, and that's how we play."

In the second match, Service Company players found more of a challenge with MSST keeping the score close until near the end when Service Company pulled away and won 25-19.

"Everyone did extremely good and gave their all to get here," said Michelle C. Swain, Service Company "We have some returnees

and some new people, but the new guys are definitely stepping up."

Service Company won its second match against Dental by forfeit and anticipates the playoffs next week.

"It will be us against (Pacific Area Tactical Law Enforcement Team) in the championship," said Sean M. Bzdon, Service Company player.

The CG's Cup volleyball playoffs are scheduled for Tuesday.



Pvt. Charlie Chavez

Service Company's Sean M. Bzdon spikes the ball against Coast Guard Maritime Safety and Security Team Service Company won the first game in the match 25-12 at MCRD.



Pvt. Charlie Chavez

Service Company's Lynden D. Gwartney serves to Coast Guard MSST. The CG's Cup Volleyball Tournament is scheduled for Tuesday.



Lance Cpl. Ryan Trevino

Runners start the 5K course that winds through the Kanoeha Klipper golf course and down a stretch of North Shore beach aboard MCB Hawaii. This year's event saw 100 more people sign than last year.

SURE, from C-1

shops we could. We had about 50 percent military and 50 percent civilians show up."

The runners were each assigned to one of 10 different categories, depending on their sex and age. The first-place winners in each category received medals for their efforts, and the first three runners, overall, to finish the race were given plaques.

Second place in the Overall Men's category went to Timothy Noonan with 19:36 and Aubrey Curtis took home third with 19:57.

Stefy Matsumura came in second in the Overall Women's with a time of 24:11.

This race is designed for runners of all skill levels to participate, according to Barkdull, but the race definitely saw its share of running enthusiasts.

"We have a lot of competitive runners come out who use the times from our races to improve their running resumes," said Barkdull.

The race has something to offer to both civilians and military. Civilians get a chance to come onto the base and see the community in action, while military members can come out in units and improve their physical fitness scores.

BASEBALL, from C-1

status would change, but 1/12 had other plans, as the last runner ran past home plate, taking the lead and ending the game in a victory for 1/12.

"It was a tough win and a good game for both teams," said 1/12's Sam D. Peterson. "But they couldn't compete with our team's batting."

A healthy smile is something to cheer

CDR A. F. Hamamura

Naval Health Clinic Hawaii

The annual observance of children's dental health began as a one-day event in Cleveland, Ohio, Feb. 3, 1941. In 1981, the program was extended to the full month of February, which has been designated as National Children's Dental Health Month.

This year's slogan is, "A Healthy Smile is Something to CHEER!" Dental health professionals across the country will be working with America's children, their parents and educators to promote good oral healthcare.

"Here at Pearl Harbor, teams from Naval Health Clinic Hawaii's Dental and Health Promotion departments will be visiting local schools to promote public awareness about the importance of good dental health and nutrition," said Petty Officer 1st Class Contrillus D. Carter, Navy hospital corpsman and coordinator for the school events. The teams are planning to visit Lehua Elementary, Barbers Point Elementary, Navy Hale Keiki, Pearl Harbor Family Child Care, Bougainville Child Development Center and Rainbow Hale.

Navy Lt. Zoe Peek from the Health Promotion Department stressed the

Chris Young, Inbound Personnel Administration Center, Headquarters Battalion, came out with nine other members from his unit, calling themselves the "Admin Assassins," to run the race and build camaraderie.

"Running as a unit brings morale up in the office," said Young. "We push each other in races like this to become better team players. Other Marines in the office see us do things like this together, and that makes them want to get involved. It's great when we have everybody come out and support each other."

A race like this brings out all the different people who like running, said Mark Jackson, a civilian visiting the base from the mainland. Jackson was running his second consecutive Surf & Turf.

"It's interesting, seeing all the people who like to run — from the super athlete to the not-so-super athlete."

Marine Corps Community Services and Headquarters Battalion both played a huge role in organizing the event, according to Barkdull.

The Battalion's Marines and Sailors were seen playing roles for the event. In fact, the Headquarters Battalion Commanding Officer Lt. Col. James Connelly was among those who also participated in the event.

Connelly said he appreciated the diversity of the runners he saw Saturday.

He said, "We got a nice combination of runners between the neighboring community and our Marines."



Lance Cpl. Ryan Trevino

Lt. Col. James Connelly, commanding officer, Headquarters Battalion runs through the beach portion of the race. The 5K course includes less than one mile of running in the sand.

PacDiv extends registration

Lance Cpl. Ryan Trevino

Sports Editor

The registration deadline for the 2006 Pacific Division matches being held at the Marine Corps Range Training Facility here has been extended to the morning of Feb. 13.

The matches will be held from Feb. 13 to

March 10.

The competition involves different units that want to compete in 4-on-4 matches using the M16 rifle and M9 pistol.

It's a good program for Marines who want to learn to shoot better," said Chief Warrant Officer 5 Carroll Duncan, officer-in-charge, K-Bay Rifle Range.

According to Duncan, firing their weapons with proficiency is the most important thing to being a Marine.

He also said that he has seen Marines who hate going to the rifle range to qualify each year, excel in the competition.

The format of the Division matches will consist of four weeks, total.

The check-in date for all competitors is Feb. 10 to 13 until completion.

Anyone interested should call 257-3600 before the Feb. 13 deadline.

DENTAL, from C-4

importance of promoting good nutritional education from the very beginning and working together with the dental team to enhance the total well-being of each child.

As every busy parent knows, getting your child to take care of his or her teeth is an ongoing challenge. To help them be a part of the cavity-free generation, the American Dental Association recommends the following:

Brush twice a day with a soft toothbrush to remove food and plaque — the sticky film on the teeth that is the main cause of tooth decay. Brushing thoroughly should take at least three minutes. Use an egg timer to show kids how long they should brush.

Use an ADA-accepted fluoride toothpaste to make teeth stronger. Only a pea-sized dab of toothpaste is needed when brushing. Parents should watch their children brush to make sure they don't eat or swallow the toothpaste.

Floss daily to remove plaque from between the teeth and under the gumline, before it hardens into calculus. Once

calculus has formed, it can only be removed by a professional cleaning. You can help your children floss once they reach the age of 3 or 4, but they likely won't be able to floss on their own until they are 8 to 10.

Provide a balanced diet, limiting the frequency of sugary snacks, which produce plaque acids. Serve nutritious snacks instead and save "fun foods" for special times. If your child chews gum or drinks soda, choose gum and soda that are sugarless or sugar free.

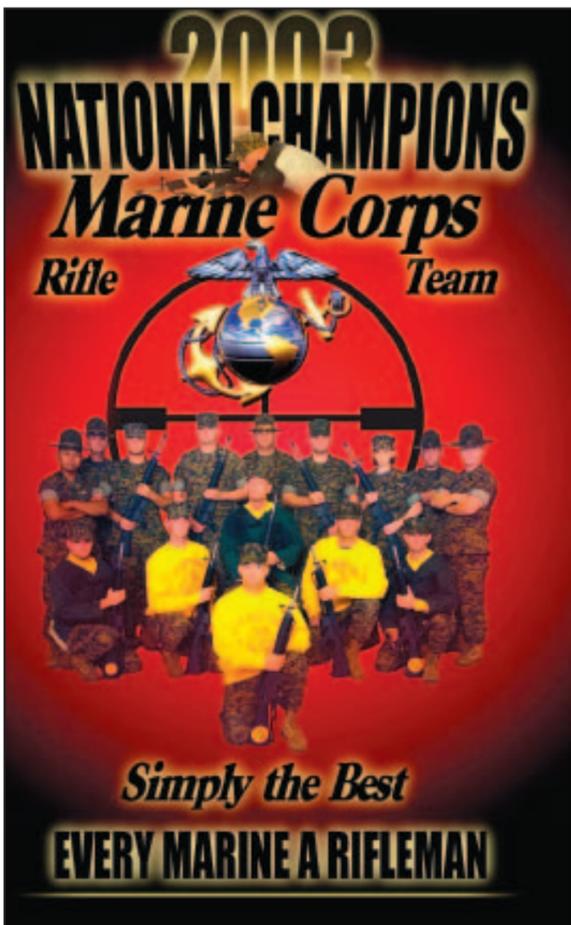
Drinking water that is fluoridated helps protect the teeth. When applied to the teeth, fluoride combines with enamel — the outside layer of the tooth — to make teeth more resistant to decay. If your water supply does not contain fluoride, your dentist or pediatrician may subscribe daily fluoride supplements.

Take your child to a dentist around his or her first birthday. Your dentist will recommend checkups at intervals that suit your child's needs. Children usually need more frequent dental visits than adults. This is because baby

teeth are smaller and have thinner enamel, so decay can spread very quickly. Frequent checkups will help your dentist identify and treat decay early, before the development of more advanced dental problems.

"An important tip for preparing your child for a lifetime of oral health is to acquaint them with the dentist and the dental office early in life," said Cmdr. Robert Mitton, DDS, MPH, deputy director of the Dental Care Division, TRICARE Management Activity. "Having a positive dental experience at a young age will allow your child to feel more at ease in the dental office environment and, more importantly, begin the process of early diagnosis and disease prevention."

The TRICARE Dental Program provides the spouses and children of active duty members with basic dental health care at a minimal cost. All eligible beneficiaries should contact their individual command pass liaison representative Log on to www.tricaredentalprogram.com for more information.



Intramural Baseball Standings

(as of Feb. 4)

| TEAM | WINS | LOSSES |
|--------|------|--------|
| HQBN | 2 | 1 |
| VP-9 | 2 | 2 |
| VP-4 | 1 | 1 |
| MAG-24 | 1 | 1 |
| 1/12 | 1 | 2 |
| CLR-3 | 0 | 0 |

Intramural Basketball Standings

(as of Feb. 3)

| TEAM | WINS | LOSSES |
|----------------|------|--------|
| MALS-24 | 6 | 0 |
| VP-9 | 4 | 0 |
| 1/12 | 4 | 0 |
| VP-U | 4 | 1 |
| HMH-362 | 4 | 2 |
| MESS HALL | 3 | 3 |
| 3D Marine Reg. | 1 | 1 |
| VP-4 | 1 | 1 |
| HSL-37 "A" | 1 | 2 |
| HSL-37 "B" | 1 | 4 |
| MCAF | 1 | 5 |
| CLR-3 | 0 | 0 |
| 2/3 | 0 | 2 |
| IPAC | 0 | 4 |
| G-6 | 0 | 4 |